

WHITE CHICKEN CHILI WITH CREAM CHEESE

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COOK TIME: 45mins

SERVES: 6

CALORIES: 537 kcal (PER SERVING)

INGREDIENTS

3 tbsp olive oil
2 yellow onions, finely chopped
8 garlic cloves, minced
1-2 pickled jalapeños, seeds removed and minced
2 poblano peppers, seeds removed and minced
4 whole chicken breast fillets
(about 800 g/1.8 pounds)
7 cups/1.7 L chicken broth
1 bay leaf
1 cup/240 ml whole milk
200 g/7 oz cream cheese, at room temperature
150 g/5 oz grated sharp cheddar
2 cans (=500 g/18 oz) cannellini beans
1 can (140 g/5 oz) corn kernels
2 tbsp lime juice

*SPICES

1 tsp each: salt, black pepper, crushed chili flakes,
dried oregano, smoked paprika
1 tbsp ground cumin

*TOPPINGS

chopped cilantro/chopped scallions
sour cream or plain full fat yogurt
shredded cheddar
corn chips

DIRECTIONS

Get all the prep done before you start cooking: finely chop the onions and mince the garlic. Remove seeds from the green peppers and mince.

Heat oil in a large pot or Dutch oven over medium low. Add garlic cloves, onions and peppers. Cook for 3 minutes until soft and fragrant. Stir in spices, cook for 2 minutes more. Add chicken breast fillets, pour in chicken broth and add the bay leaf. Bring to a boil, cover and simmer for 15 minutes.

When ready, remove the chicken fillets onto a clean plate. Add milk, cream cheese and grated cheddar, stir to dissolve. Stir in white beans and corn kernels, bring to a boil and simmer for 10 minutes. Stir often.

In the meantime, shred the chicken using two forks. Hold a fork in each hand, and use them to pull the meat apart. Prepare your favorite toppings, chop the cilantro and slice the scallions.

Return shredded chicken back to the pot. Add lime juice and adjust salt and black pepper to your own taste. Top with some grated cheddar, chopped cilantro, scallions, corn chips and sour cream. Serve with some crusty bread. Enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.